



Calhoun County Connections

FEBRUARY 2016

Special Points of Interest

- * Thank You from the Juvenile Home
- * Snowman Contest
- * Give Blood
- * Radon Test
- * Albion Recycling Center
- * Milestones
- * New Hires
- * Herb of the Month
- * Slow Cooker Recipes
- * Vera Bradley Outlet Sale Bus Trip

JUVENILE HOME ANGEL TREE

The residents and staff of the Juvenile Home would like to express our gratitude to all the County employees who helped with or donated to the Juvenile Home Angel Tree this past Christmas. Due to everyone's generosity, the residents were able to enjoy a fun and gift-filled Christmas Day.

Sandy Eis



Snowman Contest



Last month to build your creation. We only have one participant as of the end of January. Gather a little snow, and let your imagination go. Mud man, snowman, anything goes when there is no snow. Snap a picture and email to mstamand@calhouncountymi.gov

Have a Heart, Give Blood

February 16, 2016
Oaklawn Hospital
Wright Medical Building
215 E Mansion
Marshall MI 49068

February 18, 2016
Homer High School
403 S Hillsdale Street
Homer MI 49245



February 19, 2016
American Red Cross Battle Creek
14600 Beadle Lake Rd
Battle Creek MI 49014

February 22, 2016
Holiday Inn
12812 Harper Village Drive
Battle Creek MI 49014

February 25, 2016
Harper Creek High School
12677 Beadle Lake Rd
Battle Creek MI 49014



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370
Battle Creek, Michigan 49014 Fax: (269) 969-6470
www.calhouncountymi.gov/publichealth

"Working to enhance our community's total well-being"

January is Radon Test Month

You cannot see radon, nor can you smell or taste it, but it could be in your home. Radon is a radioactive gas. It comes from the natural decay of uranium that is found in nearly all soils. The radon gas typically moves up through the soil and into the lower levels of your home through cracks or other holes in your foundation.

The United States Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

The accepted limit for radon in the air is four picocuries per liter of air (pCi/L). In Calhoun County it is estimated that 30-35% of homes have a radon level higher than 4pCi/L.

Testing is the only way to know the radon level in your home. During the month of January, the Calhoun County Public Health Department will provide one free short-term radon test kit per home.

Environmental Health Office
190 E. Michigan Avenue
Battle Creek, MI 49014

Office Hours are:
Monday -Friday 7 a.m. – Noon & 1:00 – 5:00 p.m

If you have questions or need additional information, please contact our office at 269-969-6341.

Albion Recycling Center Seeks Volunteers

Interested in the environment? Looking for community service opportunities? Calhoun County's Solid Waste and Recycling Program is seeking community members to join its corps of recycling volunteers, Team Green. Members will assist with Albion recycling events and help unload and sort recycling at the Albion Recycling Center located at 216 N. Eaton Street.

The Albion Recycling Center hours of operation:
Monday: 10 am – 2 pm
Wednesdays: 2:00 pm – 6:00 pm
Saturdays: 10:00 am – 2:00 pm

Volunteers will help set up the recycle center for daily operation, greet recyclers, unload recycling from cars, sort recycling into collection containers, and help clean up the center at the end of day. The center is open year round and always staffed with a Calhoun County staff member when open to the public.

Interested volunteers need to be at least 18 years old and sign a waiver from Calhoun County and the City of Albion. The application and waiver is available on <http://calhouncountyrecycling.com/>, at the Environmental Health Department, the Albion City Hall, and the Albion Recycling Center during hours of operation.

Please contact the Calhoun County Public Health Department at (269) 969-6341 for more information.

FEBRUARY MILESTONES

25 YEARS & Over

Doug Reimink – 34 yrs.

Juvenile Home

Charles Harrington – 31 yrs.

Administrative Services

Vivian Holdcraft – 29 yrs.

Health Department

Kathy Scott – 29 yrs.

Circuit Court

Daniel Buscher – 26 yrs.

Prosecutor's Office

Patricia Barnes – 25 yrs.

District Court

20 YEARS

Mary Knight

District Court

Karen Arnett

District Court

15 YEARS

Kenneth Davis

Circuit Court

5 YEARS

Heidi Pengra

Health Department

Stephanie DeRushia

Health Department

Tomika Bell

Prosecutor's Office



Welcome New Hires

Juvenile Home

☺ Heather Conner

Road Department

☺ Jordon Foy

☺ Tyler Becker

☺ Bruce Moore

Health Department

☺ Audra Brummel

☺ Jennifer Volkmer

Administrative Services/IT

☺ Sarah Grimm

Sheriff/Corrections

☺ James Walters

Solid Waste

☺ Linda LaNoue



Herb of the month: Parsley

Though traditionally overlooked as just a garnish, parsley is a giant amongst other herbs in terms of health benefits, and in such small amounts too. A sprinkle of parsley can not only make your meals tastier, but also your body healthier. Here are some health benefits of parsley.



Antioxidants

Parsley is rich with an antioxidant arsenal that includes luteolin, a flavanoid that searches out and eradicates free radicals in the body that cause oxidative stress in cells. Luteolin also promotes carbohydrate metabolism and serves the body as an anti-inflammatory agent.

Anti-Inflammatory

Along with luteolin, the vitamin C found in parsley serves as an effective anti-inflammatory agent within the body. When consumed regularly, they combat the onset of inflammatory disorders, such as osteoarthritis (the degeneration of joint cartilage and the underlying bone) and rheumatoid arthritis (a disease causing inflammation in the joints).

Healthy Immune System

The vitamin C and vitamin A found in parsley serve to strengthen the body's immune system, though in different ways. Vitamin C is necessary for collagen, the main structural protein found in connective tissue. This essential nutrient will not only accelerate the body's ability to repair wounds, but also maintain healthy bones and teeth. Vitamin A, on the other hand, fortifies the entry points into the human body, such as mucous membranes, the lining of the eyes, and respiratory, urinary and intestinal tracts. Moreover, lymphocytes, or white blood cells, rely on vitamin A to fight infection in the body.

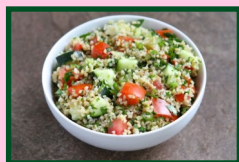
Vitamin K

Two tablespoons of parsley have a whopping 153% of the RDA of vitamin K, which is necessary for the synthesis of osteocalcin, a protein that strengthens the composition of our bones. Vitamin K also prevents calcium build-up in our tissue that can lead to atherosclerosis, cardiovascular disease and stroke.

Tabbouleh Salad

Ingredients:

1 cup bulgur wheat
1 cup water
1/2 teaspoon salt
3 tablespoons fresh lemon juice
1/4 cup olive oil
1 clove garlic, finely minced
1/3 cup sliced scallions
2 cups chopped tomatoes
1 1/2 cups chopped cucumbers
1 cup chopped fresh parsley
1/2 cup chopped fresh mint
Salt and fresh ground black pepper, to taste



Instructions:

Place the bulgur wheat in a large bowl. Bring the water to a boil and stir in the salt. Pour the water over the bulgur. Let it sit for 30 minutes, or until all of the water is absorbed.

While the bulgur is soaking, whisk together the lemon juice and olive oil in a small bowl. Add in the minced garlic and whisk again. Pour the dressing over the bulgur and stir.

Add in the scallions, tomatoes, cucumbers, parsley, and mint. Stir until combined. Season with salt and pepper, to taste.

Feta Greek Yogurt Dip

Ingredients:

1 1/4 cups non fat Greek Yogurt
1 cup crumbled Feta cheese
1/3 cup chopped fresh parsley
2 Tablespoons olive oil
2 Tablespoons grated Parmesan cheese
1 Tablespoon fresh lemon juice
1 Tablespoon capers
2 teaspoon chopped garlic
1/4 teaspoon salt
1/8 teaspoon coarse ground black pepper
pinch (1/16 teaspoon) cayenne pepper

Instructions:

Add all of the ingredients to the work bowl of a food processor. Pulse the ingredients on/off until they are combined and a creamy dip forms. Empty the dip into a serving bowl. Cover with plastic wrap and chill for one hour or up to three days. Serve with vegetables or as a sandwich sauce. Can thin dip with low fat skim milk to make a delicious salad dressing.

Makes about 2 1/2 cups



Slow Cooker + Super Bowl

Slow Cooker Spinach & Artichoke Dip

Ingredients:

2 (14-ounce) cans artichoke hearts, drained and chopped
1 (10-ounce) package frozen spinach, thawed and squeezed dry
8 ounces sour cream
1 small onion, diced
2 cloves garlic, crushed
3/4 cup grated Parmesan cheese
3/4 cup milk
1/2 cup crumbled feta cheese
1/3 cup mayonnaise
1 tablespoon red wine vinegar
1/4 teaspoon freshly ground black pepper
8 ounces cream cheese, cubed

Preparation:

Place artichoke hearts, spinach, sour cream, onion, garlic, Parmesan, milk, feta, mayonnaise, vinegar and pepper into a slow cooker. Stir until well combined. Top with cream cheese.

Cover and cook on low heat for 2 hours.

Uncover and stir until cream cheese is well combined. Cover and cook on high heat for an additional 15 minutes.



Slow Cooker Shredded Buffalo Chicken

Ingredients:

6 boneless skinless chicken breasts
1 (12 oz.) bottle buffalo wing sauce
2 tablespoons ranch mix seasoning
2 tablespoons butter



Preparation:

Place chicken breasts in lightly greased slow cooker.

In medium bowl, combine the buffalo wing sauce and ranch seasoning.

Pour hot sauce mixture over chicken in slow cooker. Cook on low for 6-8 hours.

Shred chicken breasts in the slow cooker. Stir in butter until melted.

Pile buffalo chicken onto buns. Top with Ranch or blue cheese dressing.

Slow Cooker Meatballs Subs

Ingredients:

2 28 -ounce cans whole San Marzano tomatoes, crushed by hand
1 6 -ounce can tomato paste
2 bay leaves
1 1/2 cups grated parmesan cheese (about 3 ounces), plus 1 small piece parmesan rind
1/2 cup chopped fresh parsley
4 cloves garlic, chopped
Kosher salt and freshly ground pepper
3/4 cup bread crumbs
1/2 cup whole milk
1 1/2 pounds ground beef chuck
2 large eggs
1 1/2 pounds sweet and/or hot Italian sausage, cut into 1-inch pieces
2 loaves Italian bread, cut into 3-inch pieces and split open
Shredded mozzarella cheese, for topping

Preparation:

Combine the crushed tomatoes, tomato paste, bay leaves and parmesan rind in a 6-quart slow cooker. Add 1 cup water, 1/4 cup parsley, 2 chopped garlic cloves, 1/2 teaspoon salt and a few grinds of pepper.

Combine the breadcrumbs and milk in a medium bowl; soak 2 minutes. In a separate bowl, combine the beef, eggs, 1 cup parmesan, the remaining 1/4 cup parsley and 2 chopped garlic cloves, 1 teaspoon salt and 1/2 teaspoon pepper. Add the breadcrumb-milk mixture and mix with your hands until combined. With damp hands, shape into 24 meatballs, about 1 1/2 inches each; transfer to the slow cooker.

Add the sausage pieces to the slow cooker, then cover and cook on low, 7 hours. Remove the bay leaves and parmesan rind and stir in the remaining 1/2 cup parmesan. Season with salt and pepper. Serve on the bread and top with mozzarella.



Vera Bradley OUTLET SALE

SPRING BUS TRIP – APRIL 17, 2016 - \$45.00 – FT. WAYNE, IN

As many Hoosiers know, Vera Bradley's famous quilted luggage, handbags and accessories are made in Indiana! Every year they host an Annual Vera Bradley Outlet Sale in Fort Wayne, Indiana, and it is definitely a must-do event! It's the perfect Girlfriend Getaway!

This shopping phenomenon has become a hallmark event in Fort Wayne, bringing masses of quilted purse and handbag lovers to the Summit City. Fans have been known to travel from all corners of the U.S. to attend this event.

The annual outlet sale features Vera Bradley products, ranging from purses, handbags and wallets to accessories, such as pajama pants, eyeglass cases, laptop bags, stationary and more. Sales displays will show a variety of retired colors, styles and collections and all items are 40 to 60 percent off regular price.

General Process

- Each person attending the sale must be registered on verabradley.com before attending the sale and bring the printed off registration with them.
- Bus driver drops off our group at a special entrance into the Coliseum.
- The group will be given pink bags and a map and led directly onto the Outlet Sale merchandise floor. This means no waiting in line to get into the sale.
- Bus groups will check-out through a designated room at their convenience (ticketed groups must be off the floor by the end of their session).
- Groups will be able to wait for the rest of their group in a special waiting room.
- The bus driver will then pick up the group at the same drop-off location.

Schedule

- 8:15 am Leave from K-Mart parking lot, Marshall
- 10:00 am Arrive Vera Bradley Outlet Sale
- Noon Depart Outlet Sale
- 12:30 pm Arrive Jefferson Pointe Mall (Lunch on your own)
- 4:00 pm Depart Mall
- 5:30 pm Arrive Marshall K-Mart

Questions - Contact Michelle Hill mmhill65@comcast.net or 269-357-9175 (cell); 269-962-9457 (home)

THIS IS A UNITED WAY FUND RAISER FOR CALHOUN COUNTY - Seating is limited, 54 seats available

January 28, 2016

Greetings,

I've been getting a lot of questions about the Spring Vera Bradley Outlet Sale bus trip. We've put it all together and we're ready to go. The date is April 17, the cost is \$45.00. Please have your registration form and money to me by February 29. If you have friends you would like to include, please invite them. You are welcome to make copies of the documents.

Note: The sale requires a computerized pre-registration. You need to pre-register yourself and print the confirmation. Bring the confirmation with you on the day of the sale; that and your photo I.D. will get you in.

If you don't have a computer and don't know anyone who can do it for you, I'll do your registration and hand it to you on the day of the trip. Be sure to mark the box on the registration form indicating you want me to register for you.

Please remember to complete the release of liability portion of the form.

We will be leaving from the K-Mart parking lot in Marshall at 8:15 a.m. On our return trip, we will be stopping at the Jefferson Pointe Mall in Ft. Wayne. You'll be able to get lunch (on your own) and do some additional shopping. Jefferson Pointe Mall is a nice outdoor mall with a number of interesting stores.

If you have any questions, please feel free to send me an email at mmhill65@comcast.net or call at 269- 357-9175 (cell) or 269-962-9457 (home).

Living United,

Michelle Hill

Calhoun County Employee United Way

RESERVATION FORM FOR VERA BRADLEY OUTLET SALE -APRIL 17, 2016

Name: _____

Address: _____

City/State/Zip: _____

Telephone number: (Please include cell number if you have one) _____

E-mail address (optional) _____

Full Payment: \$45.00, due February 29, 2016



Please register me for the sale. (Do not select this box if you are registering yourself).

RELEASE OF LIABILITY

I, _____, release Calhoun County, its employees, agents, and designees from all liability arising from my participation in the United Way Bus trip scheduled for April 17, 2016.

Further, I agree as follows:

1. Upon signing of this form, the undersigned agrees to hold Calhoun County, its employees, agents, and designees harmless from any and all such demands, suits actions, or claims of whatever nature arising from or out of participation in the United Way Bus Trip, including but not limited to any personal injuries, disabilities, or death of any participant.
2. The undersigned understands that the United Way Bus Trip is not a program of Calhoun County, its employees, agents, and designees, is not a requirement of employment, and is not endorsed by Calhoun County, its employees, agents, and designees.
3. Name of individual(s) participating in the United Way Bus Trip

(Please Print)

Date: _____

Signature
